

Patient and Family Education
Portland Veterans Affairs Medical Center



LOW SODIUM COOKING RECIPES

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BREADS



Apricot-Orange Bread

Ingredients

1 package (6 oz) dried apricots, cut into small pieces
2 C water
2 Tbsp Margarine
1 C sugar
1 egg, slightly beaten
1 Tbsp orange peel, freshly grated
3 1/2 C all-purpose flour, sifted
1/2 C fat free dry milk powder
2 tsp baking powder
1 tsp baking soda
1 tsp salt
1/2 C orange juice
1/2 C pecans, chopped

Directions:

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans.
2. Cook apricots in water in covered medium-size saucepan for 10–15 minutes or until tender but not mushy. Drain and reserve 3/4 cup liquid. Set apricots aside to cool.
3. Cream together margarine and sugar. By hand, beat in egg and orange peel.

4. Sift together flour, dry milk, baking powder, soda, and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice.
5. Stir apricot pieces and pecans into batter.
6. Turn batter into prepared pans.
7. Bake for 40–45 minutes or until bread springs back when lightly touched in center.
8. Cool for 5 minutes in pans. Remove from pans and completely cool on wire rack before slicing.

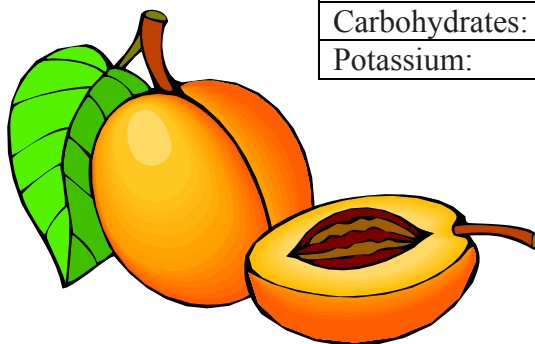
This bread is low in all the right places—saturated fat, cholesterol, and sodium—without losing any taste and texture.

Yield: 2 loaves

Serving size: 1/2-inch slice

Each serving provides:

Nutrition Facts:	
Calories:	97
Total fat:	2 g
Saturated fat:	Less than 1 g
Cholesterol:	6 mg
Sodium:	113 mg
Total fiber:	1 g
Protein:	2 g
Carbohydrates:	18 g
Potassium:	110 mg



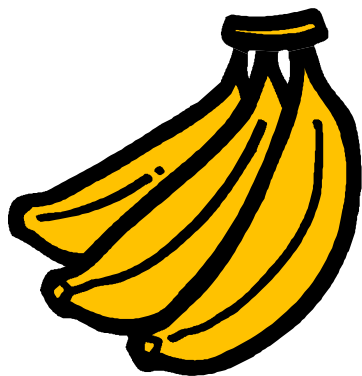
Banana-Nut Bread

Ingredients

1 C ripe bananas, mashed
1/3 C low fat buttermilk
1/2 C brown sugar, packed
1/4 C margarine
1 egg
2 C all-purpose flour, sifted
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 C pecans, chopped

Directions:

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans.
2. Stir together mashed bananas and buttermilk. Set aside.
3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well.
4. Sift together flour, baking powder, baking soda, and salt. Add all at once to liquid ingredients. Stir until well blended.



5. Stir in nuts, and turn into prepared pans.
6. Bake for 50–55 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes in pans.
7. Remove from pans and complete cooling on a wire rack before slicing.

Bananas and low fat buttermilk lower the fat for this old favorite, while keeping all the moistness.

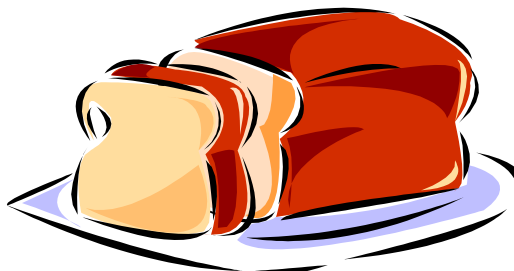
Yield: 2 loaves

Serving size: 1/2-inch slice

Each serving provides:

Nutrition Facts:

Calories:	133
Total fat:	5 g
Saturated fat:	1 g
Cholesterol:	12 mg
Sodium:	138 mg
Total fiber:	1 g
Protein:	2 g
Carbohydrates:	20 g
Potassium:	114 mg



Carrot-Raisin Bread

Ingredients

1 1/2 C all-purpose flour, sifted
1/2 C sugar
1 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt
1 1/2 tsp ground cinnamon
1/4 tsp ground allspice
1 egg, beaten
1/2 C water
2 Tbsp vegetable oil
1/2 tsp vanilla
1 1/2 C carrots, finely shredded
1/4 C pecans, chopped
1/4 C golden raisins

Directions:

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans.
2. Stir together dry ingredients in large mixing bowl. Make well in center of the dry mixture.

3. In separate bowl, mix together remaining ingredients. Add mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots.
4. Turn into prepared pan. Bake for 50 minutes or until toothpick inserted in center comes out clean.
5. Cool for 5 minutes in pan. Remove from pan and complete cooling on wire rack before slicing.

You don't need lots of oil and eggs to make rich-tasting bread—as this recipe shows.

Yield: 2 loaves

Serving size: 1/2-inch slice

Each serving provides:

Nutrition Facts:	
Calories:	99
Total fat:	3 g
Saturated fat:	Less than 1 g
Cholesterol:	12 mg
Sodium:	97 mg
Total fiber:	1 g
Protein:	2 g
Carbohydrates:	17 g
Potassium:	69 mg



Good-for-You Cornbread

Ingredients:

1 C cornmeal
1 C flour
1/4 C white sugar
1 tsp baking powder
1 C 1% fat buttermilk
1 egg, whole
1/4 C tub margarine
1 tsp vegetable oil (to grease
baking pan)

Directions:

1. Preheat oven to 350 °F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.

4. Slowly add buttermilk and egg mixture to dry ingredients.

5. Add margarine, and mix by hand or with mixer for 1 minute.

6. Bake for 20–25 minutes in an 8- by 8-inch, greased baking dish. Cool. Cut into 10 squares.

This is not only good for you but also good in you—making it a healthy comfort food.

Yield: 10 servings

Serving size: 1 square

Each serving provides:

Nutrition Facts:	
Calories:	178
Total fat:	6 g
Saturated fat:	1 g
Cholesterol:	22 mg
Sodium:	94 mg
Total fiber:	1 g
Protein:	4 g
Carbohydrates:	27 g
Potassium:	132 mg



Home-style Biscuits

Ingredients:

2 C flour
2 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt
2 Tbsp sugar
2/3 C 1% fat buttermilk
3 1/3 Tbsp vegetable oil

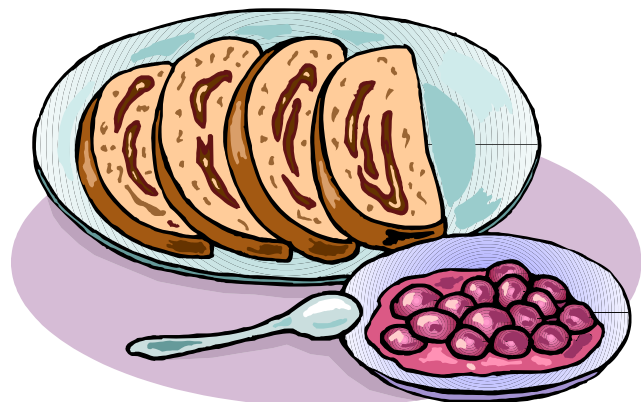
Directions:

1. Preheat oven to 450 °F.
2. In medium bowl, combine flour, baking powder, baking soda, salt, And sugar.
3. In small bowl, stir together buttermilk and all of the oil. Pour over Flour mixture and stir until well mixed.
4. On lightly floured surface, knead dough gently for 10–12 strokes. Roll or pat dough to 3/4-

inch thickness. Cut with 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.

Yield: 15 servings
Serving Size: 1, 2-inch biscuit
Each serving provides:

Nutrition Facts	
Calories:	99
Total fat:	3 g
Saturated fat:	less than 1 g
Cholesterol:	less than 1 mg
Sodium:	72 mg
Total fiber:	1 g
Protein:	2 g
Carbohydrates:	15 g
Potassium:	102 mg



Banana Chocolate Chip Muffins

A little something for those mornings when you need something sweet to get you going.

Ingredients:

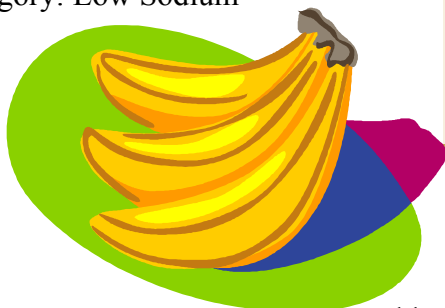
1 c Bananas (Extra-Ripe)
1/2 c Egg Substitute (can be purchased)
1 c Brown Sugar, Packed
1/2 c Unsalted Butter, Melted
1 t Vanilla
2 1/4 c Flour
2 t Sodium Free Baking Powder
1/2 t Ground Cinnamon
1 c Chocolate Chips
1/2 c Walnuts, Chopped

Directions:

Purée bananas in blender. In medium bowl, beat puréed bananas, eggs, sugar, butter and vanilla until well blended. In large bowl, combine flour, baking powder, cinnamon and salt. Stir in choc. chips and nuts. Make well in center of dry ingredients. Pour in banana mixture. Mix until just blended. Spoon into well-greased or paper lined 2 1/2- inch muffin cups. Bake in 350 oven 25 to 30 minutes.

Yield: 12 Servings

Sodium Category: Low Sodium



Diabetic Exchanges

1.5 Starch
0 Fruit
0 Milk
0.5 Other Carbohydrates
0 Vegetable
0 Lean Meat
0 Very Lean Meat
3.5 Fat



Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 12

Amount Per Serving

Calories	354
----------	-----

Calories from Fat	140
-------------------	-----

% Daily Values *

Total Fat 15 gr	23%
Saturated Fat 8 gr	38%
Polyunsaturated Fat 3 gr	
Monounsaturated Fat 4 gr	
Cholesterol 24 mg	8%
Sodium 40 mg	2%
Potassium 356 mg	9%
Carbohydrates 50 gr	17%
Dietary Fiber 1.9gr	8%
Protein 6 gr	

Vitamin A	11%
Vitamin C	3%
Calcium	10%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet

Best Ever White Bread

Only the best for your family!

Ingredients:

1 Cup plus 2 T Water
 1 1/2 T Unsalted Butter
 3 c Bread Flour
 2 T Nonfat Dry Milk Powder
 2 T Sugar
 1 1/2 t Yeast

Directions:

Add ingredients to bread machine pan in the order suggested by manufacturer. Select basic/white bread cycle; medium/normal color setting.

Yield: 12 Servings

Sodium Category: VeryLowSodium



Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 12

Amount Per Serving

Calories 148

Calories from Fat 18

% Daily Values *

Total Fat 2 gr	3%
Saturated Fat 1 gr	5%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 4 mg	1%
Sodium 7 mg	0%
Potassium 57 mg	1%
Carbohydrates 27 gr	9%
Dietary Fiber 0.9gr	4%
Protein 5 gr	

Vitamin A	1%
Vitamin C	0%
Calcium	2%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet

Blueberry Muffins

Another breakfast treat for you.

Ingredients:

1 1/2 c Flour
1/4 c Sugar
2 1/2 t Sodium Free Baking Powder
1/2 t Cinnamon
1/4 c Egg Substitute
3/4 c Skim Milk
1/3 c Oil
1/2 c Blueberries
2 T Sugar
1/2 t Cinnamon

Directions:

Stir together dry ingredients. Make a well in the center. Stir together milk, egg, and oil. Add all at once to dry ingredients. Stir until just moistened. Stir in blueberries. Spoon in greased or paper lined muffin pans. Mix together cinnamon and sugar. Sprinkle over top. Bake at 400 for 20 minutes.

Yield: 12 Servings

Sodium Category: VeryLowSodium



Diabetic Exchanges

1 Starch
0 Fruit
0 Milk
0 Other Carbohydrates
0 Vegetable
0 Lean Meat
0 Very Lean Meat
1 Fat

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 12

Amount Per Serving

Calories	150
----------	-----

Calories from Fat	58
-------------------	----

% Daily Values *

Total Fat 6 gr	10%
Saturated Fat 1 gr	4%
Polyunsaturated Fat 4 gr	
Monounsaturated Fat 2 gr	
Cholesterol 0 mg	0%
Sodium 19 mg	1%
Potassium 174 mg	4%
Carbohydrates 21 gr	7%
Dietary Fiber 0.7gr	3%
Protein 3 gr	

Vitamin A	3%
Vitamin C	2%
Calcium	7%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet

Coffee Cake Muffins

These muffins are relatively low fat as well as being low sodium ... and they taste like old-fashioned coffee cake. By the way, if you are using paper muffin pan liners, you can spray them lightly with non-stick vegetable spray before adding the batter and they will be a lot easier to peel off.

Ingredients:

1 1/2 c Flour
 1/2 c Sugar
 1/4 c Unsalted Margarine
 1/4 c Egg Substitute
 1/2 c Skim Milk
 2 t Sodium Free Baking Powder
 1/2 c Brown Sugar
 2 T Flour
 2 t Cinnamon

Directions:

Stir together flour, sugar and baking powder. Cut in margarine until mixture resembles coarse crumbs. Combine milk and egg substitute. Add to dry ingredients and stir until just mixed. Stir together brown sugar, 2 tablespoons flour and cinnamon. Spoon half the batter into 12 greased or paper lined muffin cups. Sprinkle with half the topping. Top with remaining batter and then remaining topping. Bake in 375 oven for 20-25 minutes.

Yield: 12 Servings

Sodium Category: VeryLowSodium

Diabetic Exchanges

1 Starch
 0 Fruit
 0 Milk
 1 Other Carbohydrates
 0 Vegetable
 0 Lean Meat
 0 Very Lean Meat
 1 Fat



Nutrition Facts

Serving Size 1 Helping

Servings Per Recipe 12

Amount Per Serving

Calories	172
----------	-----

Calories from Fat	37
-------------------	----

% Daily Values *

Total Fat 4 gr	6%
Saturated Fat 1 gr	4%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 2 gr	
Cholesterol 0 mg	0%
Sodium 20 mg	1%
Potassium 173 mg	4%
Carbohydrates 31 gr	10%
Dietary Fiber 0.7gr	3%
Protein 3 gr	

Vitamin A	6%
Vitamin C	0%
Calcium	7%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet

Potato Bread

This is a good bread to serve with soup or stew ... fairly dense and with good flavor. It also makes an excellent breakfast toasted with a little honey.

Ingredients:

1 1/4 c Water
2 T Unsalted Margarine
3 1/4 c Bread Flour
1/2 c Mashed Potato Flakes
1 T Sugar
1 1/2 t Yeast

Directions:

Place ingredients in bread machine in order specified by manufacturer. Process on while bread cycle.

Yield: 12 Servings

Sodium Category: Sodium Free



Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 12

Amount Per Serving

Calories	163
Calories from Fat	23

% Daily Values *

Total Fat 3 gr	4%
Saturated Fat 0 gr	2%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 1 gr	
Cholesterol 0 mg	0%
Sodium 4 mg	0%
Potassium 69 mg	2%
Carbohydrates 30 gr	10%
Dietary Fiber 1.1gr	5%
Protein 5 gr	

Vitamin A	2%
Vitamin C	3%
Calcium	1%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet

Soft Pretzels

Sodium Category: Sodium Free

This recipe is similar to the sweet versions served at places like Auntie Annie's. It involves a little bit of work, but the end result is worth it.

Ingredients:

1 1/2 c Water
4 c Bread Flour
1/2 t Brown Sugar
1 1/2 t Yeast
1 t Sodium Free Baking Soda
2 t Warm Water
2 T Honey
2 T Unsalted Butter, Melted
Sugar
Brown Sugar

Directions:

Place first 4 ingredients in bread machine in order specified by manufacturer and process on dough cycle. Remove dough from machine. Pull off pieces of dough and shape into pretzel shapes (roll into a rope, form a circle, then bring both ends down to lower part of circle. Combine baking soda and warm water and brush on pretzels. Bake at 550 for about 8 minutes. While the pretzels are still hot, brush with melted butter combined with honey. Sprinkle with brown sugar.

Yield: 12 Servings

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 12

Amount Per Serving

Calories	203
----------	-----

Calories from Fat	21
-------------------	----

% Daily Values *

Total Fat 3 gr	4%
Saturated Fat 0 gr	2%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 1 gr	
Cholesterol 0 mg	0%
Sodium 3 mg	0%
Potassium 67 mg	2%
Carbohydrates 39 gr	13%
Dietary Fiber 1.2gr	5%
Protein 6 gr	

Vitamin A	2%
Vitamin C	0%
Calcium	1%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet



Strawberry Banana Bread

When your muffins run out, try some of this. Not quite as sweet, but very nice with a little peanut butter and strawberry jam.

Ingredients:

1/3 c Skim Milk
 1/3 c Banana, Mashed
 1/4 c Strawberry Preserves
 1/4 c Egg Substitute (can be purchased)
 2 T Unsalted Margarine
 1 T Water
 3 c Bread Flour
 1 t Yeast

Directions:

Place ingredients in bread machine in order specified by manufacturer. Process on white bread cycle.

Yield: 12 Servings

Sodium Category: Very Low Sodium



Diabetic Exchanges
 1.5 Starch
 0.5 Fruit
 0 Milk
 0 Other Carbohydrates
 0 Vegetable
 0 Lean Meat
 0 Very Lean Meat
 0.5 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 12

Amount Per Serving

Calories	173
----------	-----

Calories from Fat	24
-------------------	----

% Daily Values *

Total Fat 3 gr	4%
Saturated Fat 0 gr	2%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 1 gr	
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Potassium 101 mg	3%
Carbohydrates 31 gr	10%
Dietary Fiber 1.1gr	4%
Protein 5 gr	

Vitamin A	4%
Vitamin C	2%
Calcium	2%
Iron	10%

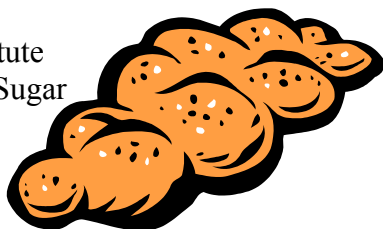
* Percent Daily Values are based on a 2000 calorie diet

Cinnamon Pull-Apart Loaf

This makes a nice holiday breakfast, or just something for one of those lazy Sunday mornings when you want to relax and read the paper.

Ingredients:

2 T Sugar
1 1/2 t Cinnamon
3 1/2 c Baking Mix - Homemade
2/3 c Skim Milk
2 T Sugar
2 T Unsalted Margarine
1 t Vanilla
1/4 c Egg Substitute
1/2 c Powdered Sugar
2 T Water



Directions:

Mix 2 tablespoons sugar and the cinnamon. Place in plastic bag. Spray a 9x5x3 loaf pan with non-stick vegetable oil spray. Stir together baking mix, milk, sugar, margarine, vanilla and egg substitute until it forms a ball. Pinch off 1 1/2 inch pieces. Shake in the cinnamon/sugar mixture until coated, then place in the pan. Bake at 375 for 25 to 30 minutes or until golden brown. Let stand in pan for 10 minutes before removing. Mix together powdered sugar and water and drizzle over top.

Yield: 12 Servings

Sodium Category: VeryLowSodium

Diabetic Exchanges
2.5 Starch
0 Fruit
0 Milk
0.5 Other Carbohydrates
0 Vegetable
0 Lean Meat
0 Very Lean Meat
2 Fat

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 12

Amount Per Serving

Calories 308

Calories from Fat 134

% Daily Values *

Total Fat 15 gr	22%
Saturated Fat 4 gr	18%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 6 gr	
Cholesterol 0 mg	0%
Sodium 20 mg	1%
Potassium 45 mg	1%
Carbohydrates 38 gr	13%
Dietary Fiber 0.2gr	9%
Protein 5 gr	

Vitamin A	5%
Vitamin C	0%
Calcium	1%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet

Lemon Glazed Donuts

Ingredients:

3/4 c Buttermilk
 1 T Buttermilk
 1 T Olive Oil
 1/4 c Egg Substitute
 1/2 T Lemon Juice
 1 T Lemon Peel
 2 1/2 c Bread Flour
 1 T Sugar, Or Splenda
 1/2 T Yeast
 ----- Glaze
 1/2 c Powdered Sugar
 1 T Lemon Juice



Directions:

Place ingredients in bread machine in order specified by manufacturer and process on dough cycle. When dough is ready, remove from machine. Separate into 10 balls. Pull a large hole in the center of each, shaping into donut shape. Place on greased baking sheet and let rise until double, about 45 minutes. Bake at 425 until golden, about 6-8 minutes. Combine lemon juice and sugar, adding more juice if needed to make drizzling consistency. Spoon glaze over warm donuts.

Yield: 10 Servings
 Sodium Category: VeryLowSodium

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 10

Amount Per Serving

Calories	180
Calories from Fat	21

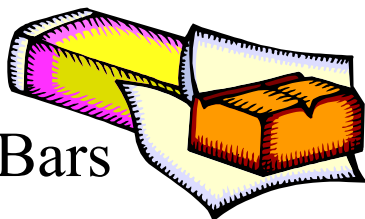
% Daily Values *

Total Fat 2 gr	4%
Saturated Fat 0 gr	2%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 1 gr	
Cholesterol 1 mg	0%
Sodium 33 mg	1%
Potassium 101 mg	3%
Carbohydrates 34 gr	11%
Dietary Fiber 1gr	4%
Protein 6 gr	

Vitamin A	3%
Vitamin C	3%
Calcium	3%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet

Power Bars



These contain a little more nutrition than the granola bars and are equally good for a breakfast on the run.

Ingredients:

1 c Quick Cooking Oats
 1/2 c Whole Wheat Flour
 1/2 c Grape-Nuts Cereal
 1/2 t Cinnamon
 1/4 c Egg Substitute, Or 1 Whole Egg
 1/4 c Applesauce
 1/4 c Honey
 3 T Brown Sugar
 2 T Oil
 1/4 c Sunflower Seeds, Unsalted
 1/4 c Walnuts, Chopped
 7 oz Dried Fruit

Directions:

Preheat oven to 325 degrees F. Line a 9 inch square baking pan with aluminum foil. Spray the foil with cooking spray. In a large bowl, stir together the oats, flour, cereal, and cinnamon. Add the egg, applesauce, honey, brown sugar, and oil. Mix well. Stir in the sunflower seeds, walnuts, and dried fruit. Spread mixture evenly in the prepared pan. Bake 30 minutes, or until firm and lightly browned around the edges. Let cool. Use the foil to lift from the pan. Cut into bars and store in the refrigerator.

Yield: 12 Servings

Sodium Category: Low Sodium

Diabetic Exchanges

1 Starch
 1 Fruit
 0 Milk
 0.5 Other Carbohydrates
 0 Vegetable
 0 Lean Meat
 0 Very Lean Meat
 1 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 12

Amount Per Serving

Calories	220
----------	-----

Calories from Fat	58
-------------------	----

% Daily Values *

Total Fat 6 gr	10%
Saturated Fat 1 gr	4%
Polyunsaturated Fat 4 gr	
Monounsaturated Fat 2 gr	
Cholesterol 0 mg	0%
Sodium 45 mg	2%
Potassium 295 mg	7%
Carbohydrates 38 gr	13%
Dietary Fiber 4.3gr	17%
Protein 6 gr	

Vitamin A	12%
Vitamin C	1%
Calcium	3%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet

Soft Granola Bars

Granola bars don't have to contain sodium. You could add unsalted nuts to this if you wanted or substitute chocolate chips or other dried fruit for the raisins.

Ingredients:

3 c Quick Cooking Oats
1/2 c Brown Sugar
1/4 c Wheat Germ
1/2 c Unsalted Margarine
1/4 c Corn Syrup
1/4 c Honey
1/2 c Raisins
1/2 c Sweetened Coconut

Directions:

Combine the oats, sugar and wheat germ. Cut in the butter until the mixture is crumbly. Stir in the corn syrup and honey. Add the raisins and coconut. Press into a greased 9-inch square pan. Bake at 350 F oven for 20 to 25 minutes. Let cool 10 minutes then cut into bars.

Yield: 27 Servings

Sodium Category: Very Low Sodium



Diabetic Exchanges

1 Starch
0 Fruit
0 Milk
0.5 Other Carbohydrates
0 Vegetable
0 Lean Meat
0 Very Lean Meat
1 Fat

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 27

Amount Per Serving

Calories	152
----------	-----

Calories from Fat	47
-------------------	----

% Daily Values *

Total Fat 5 gr	8%
Saturated Fat 1 gr	7%
Polyunsaturated Fat 2 gr	
Monounsaturated Fat 2 gr	
Cholesterol 0 mg	0%
Sodium 11 mg	0%
Potassium 129 mg	3%
Carbohydrates 24 gr	8%
Dietary Fiber 2.2gr	9%
Protein 3 gr	

Vitamin A	3%
Vitamin C	0%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet

Waffles

Waffles are usually fairly high in fat, cholesterol and sodium. This recipe uses egg substitute and less fat than most. The waffles tend to be a little crispier and not as light as the traditional recipe with the beaten egg whites folded in.

Ingredients:

1/4 c Egg Substitute
1 c Flour
1 t Sodium Free Baking Powder
1 t Sugar
3/4 c Skim Milk
1 T Unsalted Margarine, Melted

Directions:

Mix together dry ingredients. Combine egg substitute, milk and melted butter. Add to dry ingredients, mixing until just blended. Do not overbeat. Bake according to waffle iron directions.

Yield: 2 Servings

Sodium Category: Low Sodium



Diabetic Exchanges

3 Starch
0 Fruit
0.5 Milk
0 Other Carbohydrates
0 Vegetable
0 Lean Meat
0 Very Lean Meat
1 Fat

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 2

Amount Per Serving

Calories	353
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Calories from Fat	68
-------------------	----

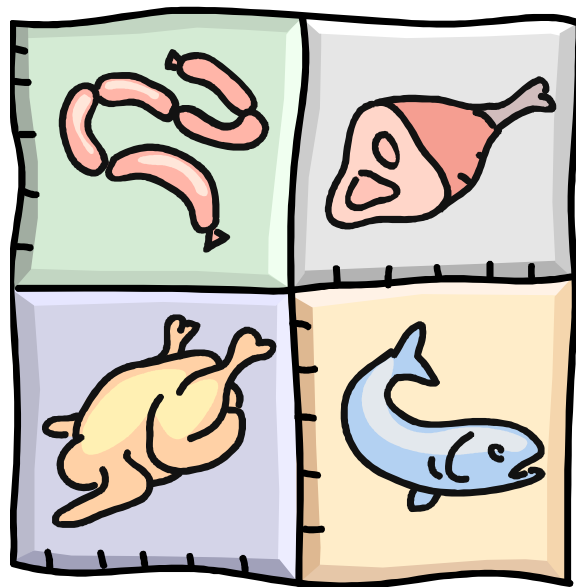
% Daily Values *

Total Fat 8 gr	11%
Saturated Fat 2 gr	8%
Polyunsaturated Fat 3 gr	
Monounsaturated Fat 3 gr	
Cholesterol 2 mg	1%
Sodium 114 mg	5%
Potassium 593 mg	15%
Carbohydrates 56 gr	19%
Dietary Fiber 1.7gr	7%
Protein 14 gr	

Vitamin A	22%
Vitamin C	2%
Calcium	27%
Iron	21%

* Percent Daily Values are based on a 2000 calorie diet

MEATS



Hawaiian Chicken

Ingredients:

4 Chicken Thighs
 8 oz Pineapple Chunks, Drained
 1/2 c Red Bell Peppers, Chopped
 1/2 c Onion, Coarsely Chopped
 1/4 c Honey
 1/4 c Red Wine Vinegar

Directions:

Drain pineapple, reserving juice.
 Combine juice, honey and vinegar. Place chicken in an 8x13" baking pan. Sprinkle pineapple and vegetables over top. Pour juice mixture over. Bake at 350 until chicken is done, about 45 minutes.

Yield: 4 Servings

Sodium Category: Low Sodium

Diabetic Exchanges

0 Starch
 0 Fruit
 0 Milk
 1 Other Carbohydrates
 0.5 Vegetable
 0 Lean Meat
 1 Very Lean Meat
 0 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 4

Amount Per Serving

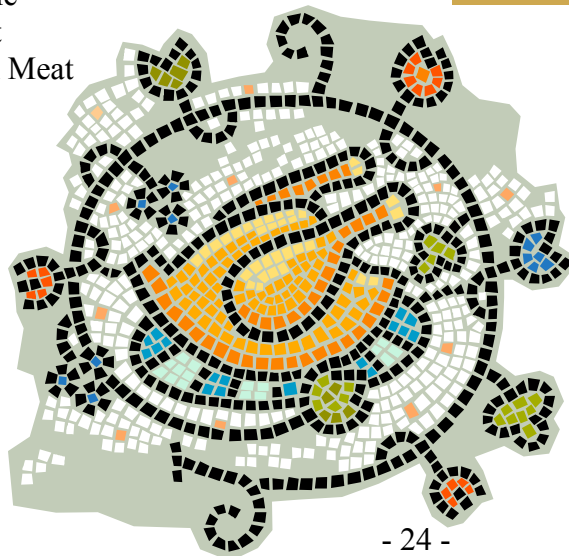
Calories	146
Calories from Fat	15

% Daily Values *

Total Fat 2 gr	3%
Saturated Fat 0 gr	2%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 1 gr	
Cholesterol 34 mg	11%
Sodium 38 mg	2%
Potassium 257 mg	6%
Carbohydrates 26 gr	9%
Dietary Fiber 1.2gr	5%
Protein 9 gr	

Vitamin A	22%
Vitamin C	71%
Calcium	2%
Iron	5%

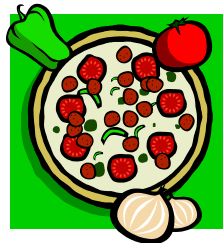
* Percent Daily Values are based on a 2000 calorie diet



Pan Pizza

Ingredients:

1 1/3 c Water
 2 T Oil
 4 c Flour
 1/4 c Nonfat Dry Milk Powder
 1 T Sugar
 2 1/4 t Yeast
 6 T Oil
 1 c Low Sodium Spaghetti Sauce
 (see Pg.45 For Spaghetti Sauce)
 1/2 c Onion, Coarsely Chopped
 1/2 c Green Pepper, Coarsely Chopped
 1 c Mushroom, Sliced
 1 1/2 c Mozzarella, Shredded



Directions:

Place first 6 ingredients in bread machine in order specified by manufacturer. Process on dough cycle. At the end of the kneading cycle, turn off machine and remove dough. Separate into 3 balls. Put 2 tablespoons of oil in each of 3 9 inch round cake pans and rotate pan to coat the entire bottom. Roll each ball to a 9-inch circle and place in pan. Spray with non-stick vegetable oil spray, cover and let rise until doubled, 1 to 1 1/2 hours. Preheat oven to 475. Spread 1/3 cup of sauce over dough in each pan. Place toppings on sauce and cover with cheese. Bake until cheese is bubbly and outer crust is brown, about 20 minutes.

Yield: 9 Servings

Sodium Category: Moderate Sodium

Diabetic Exchanges

2.5 Starch

0 Fruit

1 Milk

0 Other Carbohydrates

1 Vegetable

0 Lean Meat

0 Very Lean Meat

2.5 Fat

Nutrition Facts

Serving Size 1 Helping

Servings Per Recipe 9

Amount Per Serving

Calories	400
----------	-----

Calories from Fat	156
-------------------	-----

% Daily Values *

Total Fat 17 gr	26%
Saturated Fat 4 gr	21%
Polyunsaturated Fat 8 gr	
Monounsaturated Fat 4 gr	
Cholesterol 15 mg	5%
Sodium 90 mg	4%
Potassium 264 mg	7%
Carbohydrates 49 gr	16%
Dietary Fiber 2.6gr	10%
Protein 11 gr	

Vitamin A	7%
Vitamin C	17%
Calcium	14%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet

Polynesian Chicken Kabobs

A slightly sweet, slightly curried sort of flavor. Serve with rice and the Hawaiian bread recipe from a few weeks ago.

Ingredients:

1 lb Boneless Chicken Breasts
 1/4 c Pineapple Juice
 1/2 c Coconut Milk
 1/2 t Onion Powder
 1/4 t Garlic Powder
 1/4 t Cayenne
 1/4 t Cinnamon
 1/4 t Dill
 1/2 t Ginger
 1/4 t Turmeric
 1/4 t Cardamom
 1 Green Pepper, Cut In 1" Pieces
 1 Red Bell Peppers, Cut in 1" Pieces
 1 Onion, Cut In Quarters
 1 Zucchini, Sliced

Directions:

Cut chicken into cubes. Combine pineapple juice, coconut milk and spices in a zipper baggie. Add chicken and marinate for several hours, turning occasionally. Place chicken on skewers with veggies and grill until done.

Yield: 4 Servings

Sodium Category: Low Sodium

Diabetic Exchanges
 0 Starch
 0 Fruit
 0 Milk
 0 Other Carbohydrates
 1.5 Vegetable
 0 Lean Meat
 5 Very Lean Meat
 0 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 4

Amount Per Serving

Calories 289

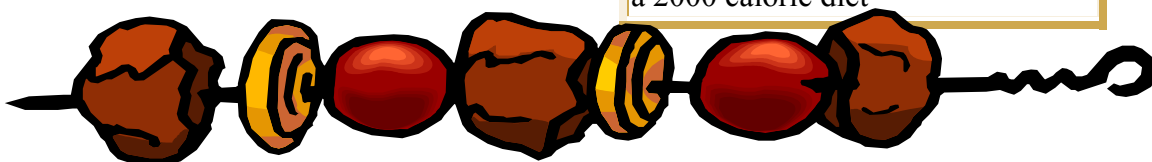
Calories from Fat 93

% Daily Values *

Total Fat 10 gr	15%
Saturated Fat 7 gr	33%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 2 gr	
Cholesterol 96 mg	32%
Sodium 91 mg	4%
Potassium 565 mg	14%
Carbohydrates 11 gr	4%
Dietary Fiber 2.2gr	9%
Protein 37 gr	

Vitamin A	47%
Vitamin C	176%
Calcium	4%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet



Sloppy Joes

This is another quick sandwich meal that will cook while you are out. Small children and teenagers seem to like this too, so it's great for a party or family get together. Hunts makes a low sodium catsup that seems to be pretty widely available.

Ingredients:

1 1/2 lb Ground Beef
1 Onion, Chopped
1 c Low Sodium Catsup
1 Green Pepper, Chopped
2 T Brown Sugar
1/2 t Garlic Powder
2 T Prepared Mustard (See page 40)
3 T Vinegar
1 T Worcestershire
1 t Chili Powder

Directions:

In a skillet, brown beef and onion. Drain. Stir together remaining ingredients in crock-pot. Stir in meat and onion mixture. Cook on low for 6 to 8 hours or on high for 3 to 4 hours.

Yield: 8 Servings

Sodium Category: Low Sodium

Nutrition Facts

Serving Size 1 Helping

Servings Per Recipe 8

Amount Per Serving

Calories	278
----------	-----

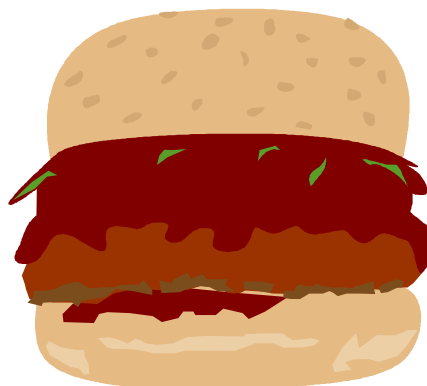
Calories from Fat	129
-------------------	-----

% Daily Values *

Total Fat 14 gr	21%
Saturated Fat 6 gr	28%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 6 gr	
Cholesterol 69 mg	23%
Sodium 105 mg	4%
Potassium 512 mg	13%
Carbohydrates 15 gr	5%
Dietary Fiber 1.2gr	5%
Protein 22 gr	

Vitamin A	11%
Vitamin C	43%
Calcium	2%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet



Taco Chicken Wings

You can use these taco-flavored wings either as appetizers or the main dish. Very popular with young people.

Ingredients:

12 Chicken Wings
 1/2 c Flour
 2 T Chili Powder
 1 t Cumin
 1 t Oregano
 1/2 t Onion Powder
 1/4 t Garlic Powder
 1/8 t Cayenne
 6 T Unsalted Margarine
 1 c Unsalted Corn Chips, Crushed



Directions:

Combine flour and spices in a plastic bag. Cut wings into sections, discarding the tips. Melt the margarine in a 13x9 baking pan. Shake a few wing sections at a time in the flour mixture, then roll in the margarine, then the corn chips. Return to pan. Bake at 350 until done, about 45 minutes.

Yield: 6 Servings

Sodium Category: Low Sodium

Diabetic Exchanges
 0.5 Starch

0 Fruit
 0 Milk
 0 Other Carbohydrates
 0 Vegetable
 1 Lean Meat
 0 Very Lean Meat
 2 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 6

Amount Per Serving

Calories 202

Calories from Fat 127

% Daily Values *

Total Fat 14 gr	21%
Saturated Fat 3 gr	14%
Polyunsaturated Fat 4 gr	
Monounsaturated Fat 6 gr	
Cholesterol 22 mg	7%
Sodium 25 mg	1%
Potassium 131 mg	3%
Carbohydrates 10 gr	3%
Dietary Fiber 1.3gr	5%
Protein 9 gr	

Vitamin A	29%
Vitamin C	3%
Calcium	2%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet

Turkey Breakfast Sausage

Ingredients:

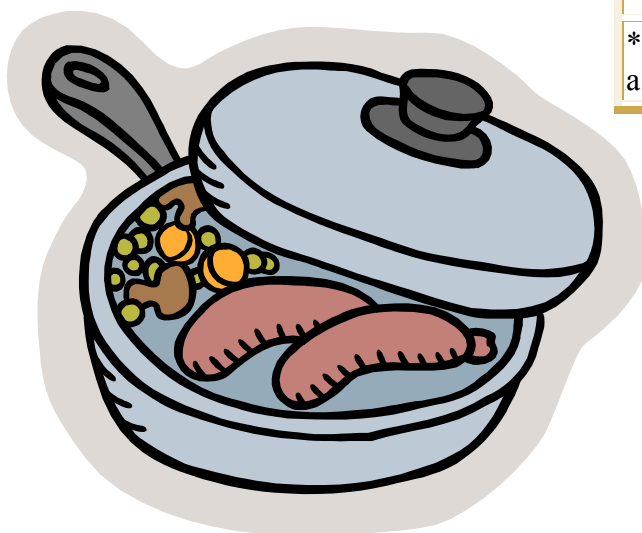
1 lb Ground Turkey
 1/4 t Black Pepper
 1/4 t White Pepper
 3/4 t Sage
 1/4 t Mace
 1/2 t Garlic Powder
 1/4 t Onion Powder
 1/4 t Ground Allspice
 1 t Olive Oil

Directions:

Combine all ingredients, mixing well.
 Fry, grill or cook on a greased baking sheet in a 325 oven until done.

Yield: 8 Servings

Sodium Category: Very Low Sodium



Serving Size 1 Helping
 Servings Per Recipe 8

Amount Per Serving

Calories	51
----------	----

Calories from Fat	17
-------------------	----

% Daily Values *

Total Fat 2 gr	3%
----------------	----

Saturated Fat 1 gr	3%
--------------------	----

Polyunsaturated Fat 0 gr	
--------------------------	--

Monounsaturated Fat 1 gr	
--------------------------	--

Cholesterol 20 mg	7%
-------------------	----

Sodium 18 mg	1%
--------------	----

Potassium 83 mg	2%
-----------------	----

Carbohydrates 0 gr	0%
--------------------	----

Dietary Fiber 0.1gr	0%
---------------------	----

Protein 8 gr	
--------------	--

Vitamin A	0%
-----------	----

Vitamin C	1%
-----------	----

Calcium	3%
---------	----

Iron	
------	--

* Percent Daily Values are based on a 2000 calorie diet

SIDE DISHES & SALADS



Grilled Vegetable Packs

These make a particularly nice addition to your grilled meals that you will probably be having now that the weather has gotten warmer.

Ingredients:

2 c Zucchini, Sliced
2 Onions, Peeled And Sliced
4 Carrot, Sliced
1/4 t Black Pepper
1/4 t Garlic Powder

Directions:

Divide veggies between 4 large squares of aluminum foil. Sprinkle 1 teaspoon of water over each packet. Sprinkle with pepper and garlic. Fold each packet shut and seal well. Grill over medium coals until veggies are tender, about 40 minutes., turning occasionally.

Yield: 4 Servings

Sodium Category: Very Low Sodium



Diabetic Exchanges
0 Starch
0 Fruit
0 Milk
0 Other Carbohydrates
3 Vegetable
0 Lean Meat
0 Very Lean Meat
0 Fat

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 4

Amount Per Serving

Calories	67
----------	----

Calories from Fat	3
-------------------	---

% Daily Values *

Total Fat 0 gr	1%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 32 mg	1%
Potassium 512 mg	13%
Carbohydrates 15 gr	5%
Dietary Fiber 4.3gr	17%
Protein 2 gr	

Vitamin A	79%
Vitamin C	28%
Calcium	4%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet

Better Mashed Potatoes

This will liven up the flavor of instant mashed potatoes, which tend to be a bit bland when you make them without salt. Be careful to check the label of the potatoes, some have significant amounts of sodium, particularly the "complete" mixes where you only add water.

Ingredients:

1 1/2 c Low Sodium Chicken Broth
 1/2 c Skim Milk
 2 T Unsalted Margarine
 1/2 t Onion Powder
 1/4 t Garlic Powder
 1 1/2 c Instant Mashed Potatoes

Directions:

Combine all ingredients except potatoes in a saucepan. Bring to boiling. Remove from heat and stir in potatoes. Let stand five minutes. Fluff before serving.

Yield: 4 Servings

Sodium Category: Low Sodium



Diabetic Exchanges
 1 Starch
 0 Fruit
 0 Milk
 0 Other Carbohydrates
 0 Vegetable
 0 Lean Meat
 0 Very Lean Meat
 1 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 4

Amount Per Serving

Calories	132
----------	-----

Calories from Fat	52
-------------------	----

% Daily Values *

Total Fat 6 gr	9%
Saturated Fat 1 gr	6%
Polyunsaturated Fat 2 gr	
Monounsaturated Fat 3 gr	
Cholesterol 1 mg	0%
Sodium 60 mg	2%
Potassium 257 mg	6%
Carbohydrates 17 gr	6%
Dietary Fiber 1.3gr	5%
Protein 4 gr	

Vitamin A	6%
Vitamin C	26%
Calcium	5%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet

Fresh Veggie Medley

This is a good way to come up with a veggie side dish on those days when the garden didn't yield enough of any one thing. Feel free to use you imagination (and refrigerator veggie drawer contents) when deciding what ingredients to use.

Ingredients:

4 Tomatoes, Chopped
1 Zucchini, Cubed
1/2 lb Green Beans
1/4 t Garlic Powder
1 t Basil

Directions:

Wash, trim and cook beans until almost tender. Drain. Return to pan with other ingredients and cook to desired doneness.

Yield: 4 Servings

Sodium Category: Very Low Sodium



Diabetic Exchanges
Starch
Fruit
Milk
Other Carbohydrates
Vegetable
Lean Meat
Very Lean Meat
Fat

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 4

Amount Per Serving

Calories	61
----------	----

Calories from Fat	6
-------------------	---

% Daily Values *

Total Fat 1 gr	1%
Saturated Fat 0 gr	1%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 21 mg	1%
Potassium 604 mg	15%
Carbohydrates 14 gr	5%
Dietary Fiber 4.3gr	18%
Protein 3 gr	

Vitamin A	33%
Vitamin C	77%
Calcium	4%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet

Cole Slaw

This makes a fairly sour slaw, especially if you are planning to put it on barbecue sandwiches. You could add more sugar or a little honey if you like it sweeter.

Ingredients:

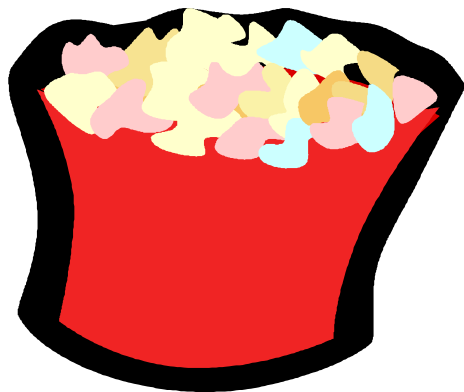
2 c Cabbage, Shredded
1/3 c Carrot, Shredded
1/4 c Low Sodium Mayonnaise
1/4 c Sour Cream
2 T Vinegar
2 T Sugar
1/4 t Celery Seed
1/4 t Onion Powder

Directions:

Stir dressing ingredients together. Pour over cabbage and stir to mix.

Yield: 6 Servings

Sodium Category: Very Low Sodium



Diabetic Exchanges
Starch
Fruit
Milk
Other Carbohydrates
Vegetable
Lean Meat
Very Lean Meat
Fat

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 6

Amount Per Serving

Calories	114
----------	-----

Calories from Fat	85
-------------------	----

% Daily Values *

Total Fat 9 gr	14%
Saturated Fat 2 gr	12%
Polyunsaturated Fat 4 gr	
Monounsaturated Fat 3 gr	
Cholesterol 10 mg	3%
Sodium 16 mg	1%
Potassium 120 mg	3%
Carbohydrates 8 gr	3%
Dietary Fiber 0.9gr	4%
Protein 1 gr	

Vitamin A	9%
Vitamin C	17%
Calcium	3%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet

Fried Rice

Ingredients:

2 T Oil
 1 c Long Grain Rice
 1/2 c Orzo Or Other Small Pasta
 3 1/2 c Water
 1/2 t Onion Powder
 1/4 t Garlic Powder
 1 t Parsley
 1 T Salt Free Oriental Seasoning
 1/4 c Soy Sauce Substitute (See Pg.44)

Directions:

Sauté rice and pasta in oil about 2 minutes or until pasta is golden brown. Add water and spices and soy sauce substitute, cover, reduce heat and simmer 20 minutes or until rice is tender. (If water is not all absorbed ... it will depend on the kind of pasta you use ... you may need to remove the lid the last five minutes.)

Yield: 6 Servings

Sodium Category: VeryLowSodium



Diabetic Exchanges
 2 Starch
 0 Fruit
 0 Milk
 0 Other Carbohydrates
 0 Vegetable
 0 Lean Meat
 0 Very Lean Meat
 1 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 6

Amount Per Serving

Calories	186
----------	-----

Calories from Fat	44
-------------------	----

% Daily Values *

Total Fat 5 gr	7%
Saturated Fat 1 gr	3%
Polyunsaturated Fat 3 gr	
Monounsaturated Fat 1 gr	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Potassium 54 mg	1%
Carbohydrates 31 gr	10%
Dietary Fiber 0.6gr	3%
Protein 3 gr	

Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet

Italian Vegetable Bake

This is a tasty side dish that's almost a meal in itself. Just add a simple piece of meat and you are one. Be aware that different brands of Ricotta cheese vary widely in their sodium count. The lowest I've found is Sorrento Whole Milk, with 50 mg per 1/4 cup. Other brands may have more than three times that amount.

Directions:

2 Potatoes, Sliced 1/4" Thick
 12 oz Winter Vegetable Mix
 1 can No Salt Added Tomatoes, Drained
 1 t Italian Seasoning
 1 t Parsley
 1 c Ricotta Cheese
 1/2 c Egg Substitute, Or 2 Whole Eggs

Directions:

Cook potatoes and vegetables until crisp-tender. Drain and combine with tomatoes. Place in ovenproof casserole. Stir together remaining ingredients until mixed. Pour over vegetables. Bake at 350 until mixture is set, about 30 minutes.

Yield: 6 Servings

Sodium Category: Low Sodium

Diabetic Exchanges
 0.5 Starch
 0 Fruit
 0 Milk
 0 Other Carbohydrates
 2 Vegetable
 1 Lean Meat
 0 Very Lean Meat
 1 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 6

Amount Per Serving

Calories	174
----------	-----

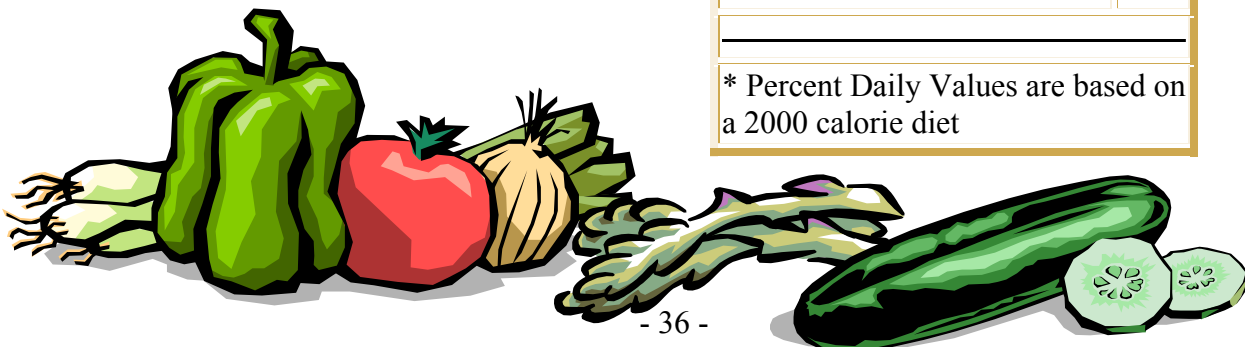
Calories from Fat	40
-------------------	----

% Daily Values *

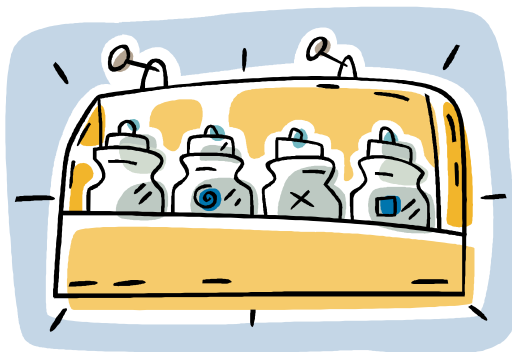
Total Fat 4 gr	7%
Saturated Fat 2 gr	11%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 1 gr	
Cholesterol 13 mg	4%
Sodium 104 mg	4%
Potassium 610 mg	15%
Carbohydrates 25 gr	8%
Dietary Fiber 4.2gr	17%
Protein 11 gr	

Vitamin A	40%
Vitamin C	36%
Calcium	17%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet



CONDIMENTS, SPICE MIXES AND MIXES



**SAUCES, MARINADES,
AND DRESSINGS**

Barbecue Sauce

This is a quick to make barbecue sauce that starts with low sodium catsup. Full Tomato flavor, relatively sweet, with the spices having a basic chili flavor. Basically, it's not too different than most bottled sauces.

Ingredients:

1/2 c Low Sodium Catsup
 1/2 c Vinegar
 1/2 c Honey
 1/4 c Molasses
 1 T Chili Powder
 1 T Onion Powder
 1/2 t Garlic Powder
 1 T Dry Mustard
 1/4 t Cayenne

Directions:

Combine all ingredients and mix well.
 Store in a covered jar in the refrigerator.

Yield: 10 Servings

Sodium Category: Very Low Sodium



Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 10

Amount Per Serving

Calories 94

Calories from Fat 3

% Daily Values *

Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 7 mg	0%
Potassium 224 mg	6%
Carbohydrates 25 gr	8%
Dietary Fiber 0.5gr	2%
Protein 1 gr	

Vitamin A	8%
Vitamin C	4%
Calcium	3%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet

Blue Cheese Dressing

Ingredients:

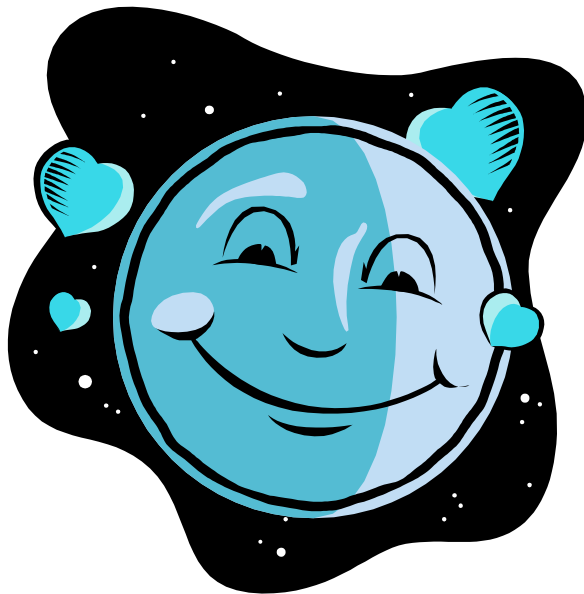
1 cup Mayo
1/2 cup Buttermilk
1/2 cup Sour Cream
2 oz Blue Cheese

Directions:

Mix ingredients thoroughly. Chill overnight before using.

Yield: 20 Servings

Sodium Category: Low Sodium



Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 20	
Amount Per Serving	
Calories	104
Calories from Fat	97
% Daily Values *	
Total Fat 11 gr	16%
Saturated Fat 3 gr	13%
Polyunsaturated Fat 4 gr	
Monounsaturated Fat 3 gr	
Cholesterol 11 mg	4%
Sodium 44 mg	2%
Potassium 29 mg	1%
Carbohydrates 1 gr	0%
Dietary Fiber 0gr	0%
Protein 1 gr	
Vitamin A	2%
Vitamin C	0%
Calcium	3%
Iron	0%
* Percent Daily Values are based on a 2000 calorie diet	

Caesar Salad Dressing

Here is a quick and easy way to a Caesar salad taste.

Ingredients:

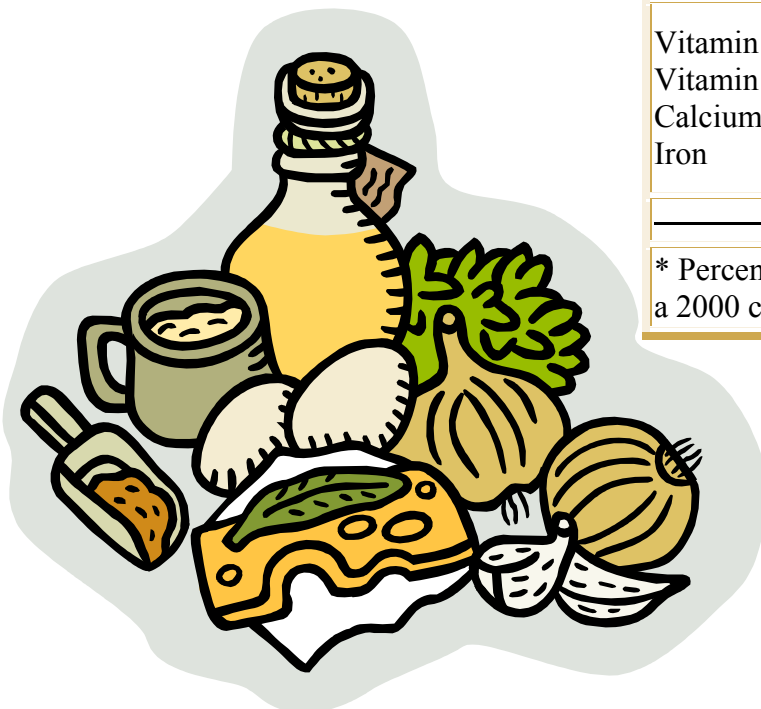
1/2 cup olive oil
1 clove garlic, minced or 1/8 teaspoon garlic powder
1 tablespoon lemon juice
2 tablespoons red wine vinegar
1/2 teaspoon Worcestershire sauce

Directions:

Mix together dressing ingredients. Shake well in a jar with a tight fitting lid.

Yield: 6 Servings

Sodium Category: low Sodium



Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 6

Amount Per Serving

Calories 161

Calories from Fat 159

% Daily Values *

Total Fat 18 gr	27%
Saturated Fat 2 gr	12%
Polyunsaturated Fat 2 gr	
Monounsaturated Fat 13 gr	
Cholesterol 0 mg	0%
Sodium 4 mg	0%
Potassium 13 mg	0%
Carbohydrates 1 gr	0%
Dietary Fiber 0gr	0%
Protein 0 gr	

Vitamin A	0%
Vitamin C	3%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet

Condensed Cream Of Mushroom Soup

Ingredients:

1 c Mushrooms, Sliced
 1/2 c Onion, Chopped
 1/2 c Low Sodium Chicken Broth
 1 T Parsley
 1/4 t Garlic Powder
 2/3 c Non Fat, Non Dairy Creamer
 2 T Cornstarch

Directions:

Cook mushrooms, onion and spices in the chicken broth until soft. Process or blend in a blender or food processor until well pureed. Shake together creamer and cornstarch until dissolved. Cook and stir until thick. Stir in veggie mixture.

Yield: 6 Servings

Sodium Category: Very Low Sodium



Diabetic Exchanges
 0.5 Starch
 0 Fruit
 0 Milk
 0 Other Carbohydrates
 0 Vegetable
 0 Lean Meat
 0 Very Lean Meat
 0 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 6

Amount Per Serving

Calories	39
----------	----

Calories from Fat	2
-------------------	---

% Daily Values *

Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 18 mg	1%
Potassium 69 mg	2%
Carbohydrates 6 gr	2%
Dietary Fiber 0.4gr	2%
Protein 1 gr	

Vitamin A	1%
Vitamin C	3%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet



Creamy Italian Dressing

This is not only good as a salad dressing, but does very nicely for pasta salad.

Ingredients:

1/2 c Mayonnaise
 1/2 c Sour Cream
 1 T Olive Oil
 2 T Cider Vinegar
 1 T Italian Seasoning
 1 t Basil
 1/2 t Garlic Powder
 1/2 t Black Pepper

Directions:

Combine all ingredients. Store in a covered container in the refrigerator.
 Yield: 10 Servings

Sodium Category: Low Sodium

Diabetic Exchanges
 0 Starch
 0 Fruit
 0 Milk
 0 Other Carbohydrates
 0 Vegetable
 0 Lean Meat
 0 Very Lean Meat
 2.5 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 10

Amount Per Serving

Calories	118
----------	-----

Calories from Fat	113
-------------------	-----

% Daily Values *

Total Fat 13 gr	19%
Saturated Fat 3 gr	13%
Polyunsaturated Fat 6 gr	
Monounsaturated Fat 3 gr	
Cholesterol 12 mg	4%
Sodium 54 mg	2%
Potassium 36 mg	1%
Carbohydrates 1 gr	0%
Dietary Fiber 0.3gr	1%
Protein 1 gr	

Vitamin A	3%
Vitamin C	1%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet

Italian Dressing

A nice addition to this is a couple of tablespoons of chopped sun dried tomatoes. This is well below the sodium level of any commercial dressing, but if you make your own mustard that will reduce the sodium content even more.

Ingredients:

1/4 c Oil
1/2 c Cider Vinegar
2 T Dijon Mustard
1/2 t Garlic Powder
1/2 t Black Pepper
1/2 t Sugar
1 t Basil
1 t Oregano
1/2 t Rosemary



Directions:

Combine all ingredients in a jar with a tight fitting lid. Shake well.

Yield: 6 Servings

Sodium Category: Low Sodium

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 6

Amount Per Serving

Calories	91
Calories from Fat	84

% Daily Values *

Total Fat 9 gr	14%
Saturated Fat 1 gr	6%
Polyunsaturated Fat 5 gr	
Monounsaturated Fat 2 gr	
Cholesterol 0 mg	0%
Sodium 59 mg	2%
Potassium 46 mg	1%
Carbohydrates 3 gr	1%
Dietary Fiber 0.5gr	2%
Protein 0 gr	

Vitamin A	1%
Vitamin C	1%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet

Teriyaki Sauce

0 Very Lean Meat
0 Fat

Ingredients:

1 c Soy Sauce Substitute (See Pg.54)
2 T Sesame Oil
2 T Sake
1/2 c Sugar
3 ea Garlic, Crushed
2 sl Ginger Root
ds Black Pepper

Directions:

Combine all ingredients in a saucepan and heat until sugar is dissolved. Store in the refrigerator. 1 c Soy Sauce Substitute
2 T Sesame Oil
2 T Sake
1/2 c Sugar
3 ea Garlic, Crushed
2 sl Ginger Root
ds Black Pepper

Yield: 20 Servings

Sodium Category: Sodium Free

Diabetic Exchanges

0 Starch
0 Fruit
0 Milk
0 Other Carbohydrates
0 Vegetable
0 Lean Meat

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 20

Amount Per Serving

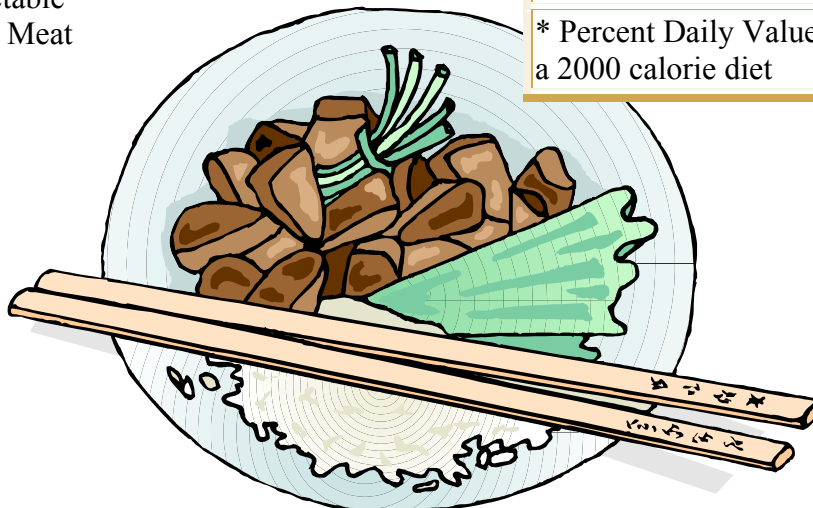
Calories	34
Calories from Fat	12

% Daily Values *

Total Fat 1 gr	2%
Saturated Fat 0 gr	1%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 1 gr	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium 3 mg	0%
Carbohydrates 10 gr	3%
Dietary Fiber 0gr	0%
Protein 5 gr	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet



Brown Gravy Mix

Ingredients:

1 2/3 c Cornstarch
 6 T Low Sodium Beef Bouillon
 4 t Instant Coffee Crystals
 2 t Onion Powder
 1 t Garlic Powder
 1/2 t Black Pepper
 1/2 t Paprika

Directions:

Combine all ingredients and store in an airtight container. To make gravy, measure 3 tablespoons mix into a saucepan. Add 1 1/2 cups water. Bring to a boil and simmer 1 minute.

Yield: 24 Servings

Sodium Category: very low Sodium



Diabetic Exchanges
 0.5 Starch
 0 Fruit
 0 Milk
 0 Other Carbohydrates
 0 Vegetable
 0 Lean Meat
 0 Very Lean Meat
 0 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 24

Amount Per Serving

Calories	35
----------	----

Calories from Fat	0
-------------------	---

% Daily Values *

Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Potassium 6 mg	0%
Carbohydrates 8 gr	3%
Dietary Fiber 0.1gr	0%
Protein 0 gr	

Vitamin A	1%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet

Brownie Mix

Ingredients:

3 3/4 c Sugar
2 1/3 c Flour
1 1/3 c Unsweetened Cocoa Powder
1 T Sodium Free Baking Powder
2 c Shortening

Directions:

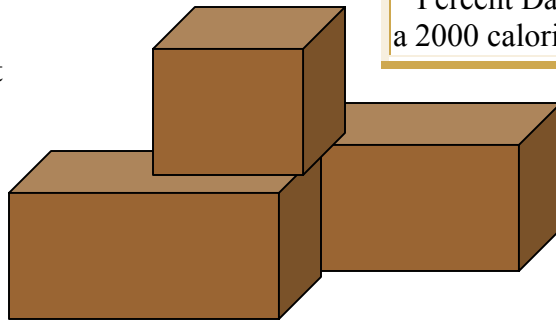
Combine dry ingredients and cut in shortening until mixture resembles corn meal. Store in an airtight container. To make brownies, measure 2 1/2 cups of mix into a bowl. Stir in 1/2 cup of egg substitute and a teaspoon of vanilla. Spread in a greased 8x8 pan. Bake at 350 for 20 minutes.

Yield: 64 Servings

Sodium Category: Very Low Sodium

Diabetic Exchanges

0 Starch
0 Fruit
0 Milk
0.5 Other Carbohydrates
0 Vegetable
0 Lean Meat
0 Very Lean Meat
1 Fat



Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 64	
Amount Per Serving	
Calories	123
Calories from Fat	60
% Daily Values *	
Total Fat 7 gr	10%
Saturated Fat 2 gr	9%
Polyunsaturated Fat 2 gr	
Monounsaturated Fat 3 gr	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Potassium 56 mg	1%
Carbohydrates 16 gr	5%
Dietary Fiber 0.7gr	3%
Protein 1 gr	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	3%
* Percent Daily Values are based on a 2000 calorie diet	

Hoisin Sauce Substitute

This is another common Chinese condiment. This one can be used to add flavor to any stir fry as well as in barbecue sauces and other uses.



Ingredients:

1 c Soy Sauce Substitute (See Pg.54)
 1 cl Garlic
 1 Dried Red Pepper, Crumbled
 2 T Low Sodium Catsup
 1 T Water, Boiling
 1 t Dried Orange Peel
 1 t Sesame Oil

Directions:

In a bowl, combine first 4 ingredients. In a second bowl combine remaining ingredients. Let stand 15 minutes. Pour into soy sauce mixture. blending thoroughly. Pour into jars. Cover and refrigerate.

Yield: 18 Servings

Sodium Category: Very Low Sodium

Diabetic Exchanges

0 Starch
 0 Fruit
 0 Milk
 0 Other Carbohydrates
 0 Vegetable
 0 Lean Meat
 0 Very Lean Meat
 0 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 18

Amount Per Serving

Calories 6

Calories from Fat 2

% Daily Values *

Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Potassium 23 mg	1%
Carbohydrates 1 gr	0%
Dietary Fiber 0.2gr	1%
Protein 0 gr	

Vitamin A	10%
Vitamin C	26%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet

Mustard

This makes a good general-purpose kind of mustard. If you like it less hot, heat to the vinegar to almost boiling before mixing the ingredients together.

Ingredients:

1/4 c Dry Mustard
1/4 c White Wine Vinegar
1/4 c White Wine
1 t Sugar
6 T Egg Substitute

Directions:

Blend together all ingredients except eggs and let stand 2 hours. Beat egg into mixture. Cook, stirring constantly, until slightly thickened, about 5 minutes. Store covered in the refrigerator.

Yield: 36 Servings

Sodium Category: Very Low Sodium

Diabetic Exchanges

0 Starch
0 Fruit
0 Milk
0 Other Carbohydrates
0 Vegetable
0 Lean Meat
0 Very Lean Meat
0 Fat



Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 36

Amount Per Serving

Calories	5
Calories from Fat	1

% Daily Values *

Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 13 mg	1%
Potassium 14 mg	0%
Carbohydrates 0 gr	0%
Dietary Fiber 0.1gr	0%
Protein 0 gr	

Vitamin A	1%
Vitamin C	0%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet



Onion Soup Mix

Ingredients:

1 T Minced Onion
 1 t Sodium Free Beef Bouillon
 1/2 t Onion Powder
 1/8 t Black Pepper
 1/8 t Paprika

Directions:

Combine all ingredients and store in an airtight jar or bag.

Yield: 1 Serving

Sodium Category: Very Low Sodium

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 1

Amount Per Serving

Calories 33

Calories from Fat 1

% Daily Values *

Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 7 mg	0%
Potassium 101 mg	3%
Carbohydrates 7 gr	2%
Dietary Fiber 0.7gr	3%
Protein 1 gr	

Vitamin A	3%
Vitamin C	7%
Calcium	2%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet

Salsa

Ingredients:

3 lb Plum Tomatoes, Peeled And Chopped
 1/2 c Black Beans, Cooked
 1/2 c Frozen Corn
 1 can No Salt Added Tomato Sauce
 1 Chili Pepper
 1/4 c Red Wine Vinegar
 1/2 c Onion, Chopped
 1 t Minced Garlic
 1 1/2 t Cilantro
 1/2 t Oregano
 1 1/2 t Cumin

Directions:

Combine all ingredients in a large pot. Simmer until desired thickness, about 15 minutes. Pack into jars and store in refrigerator. Makes about 3 pints.

Yield: 48 Servings

Sodium Category: Very Low Sodium



Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 48

Amount Per Serving

Calories 13

Calories from Fat 1

% Daily Values *

Total Fat 0 gr 0%

Saturated Fat 0 gr 0%

Polyunsaturated Fat 0 gr

Monounsaturated Fat 0 gr

Cholesterol 0 mg 0%

Sodium 4 mg 0%

Potassium 76 mg 2%

Carbohydrates 3 gr 1%

Dietary Fiber 0.5gr 2%

Protein 1 gr

Vitamin A 2%

Vitamin C 5%

Calcium 1%

Iron 3%

* Percent Daily Values are based on a 2000 calorie diet



Shake And Bake Mix

Ingredients:

1/2 c Flour
 1/2 c Bread Crumbs
 2 T Cornstarch
 2 t Sugar
 2 t Low Sodium Chicken Bouillon
 2 t Poultry Seasoning
 2 t Paprika
 1 t Onion Powder
 1/2 t Garlic Powder
 1/2 t Thyme

Directions:

Combine all ingredients. To use, place mix in zipper baggie. Dip chicken pieces in egg, and then transfer to bag. Seal and shake until chicken is evenly coated. Bake on a cookie sheet sprayed with non-stick vegetable oil spray at 350 until chicken is done, about 45 minutes depending on size of pieces.

Yield: 8 Servings

Sodium Category: Very Low Sodium

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 8

Amount Per Serving

Calories	74
Calories from Fat	5

% Daily Values *

Total Fat 1 gr	1%
Saturated Fat 0 gr	1%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 3 mg	0%
Potassium 44 mg	1%
Carbohydrates 15 gr	5%
Dietary Fiber 0.6gr	2%
Protein 2 gr	

Vitamin A	7%
Vitamin C	1%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet

Soy Sauce Substitute

Ingredients:

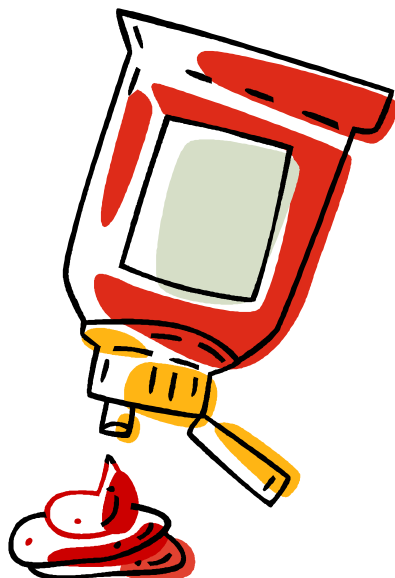
2 T Sodium Free Beef Bouillon
 2 t Red Wine Vinegar
 1 t Molasses
 1/8 t Ground Ginger
 ds Black Pepper
 ds Garlic Powder
 3/4 c Water

Directions:

In small saucepan, combine and boil gently uncovered about 5 minutes or til mixture is reduced to 1/2 cup. Store in refrigerator. Stir before using.

Yield: 8 Servings

Sodium Category: SodiumFree



Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 8

Amount Per Serving

Calories	10
Calories from Fat	0

% Daily Values *

Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Potassium 14 mg	0%
Carbohydrates 2 gr	1%
Dietary Fiber 0gr	0%
Protein 0 gr	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet

Spaghetti Sauce

Ingredients:

15 Roma Tomatoes
 1/4 c Green Bell Peppers, Chopped
 1 Onion, Chopped
 1 lb Ground Beef
 2 T Minced Garlic
 2 T Extra Virgin Olive Oil
 1 t Basil
 1 t White Pepper
 1/4 t Oregano
 1/4 t Thyme
 2 T Sugar



Directions:

Chop/Dice 1 medium-sized white onion & 1 medium sized green pepper. Puree tomatoes. In separate skillet/wok, brown and crumble ground beef. When meat begins to brown, add onion and 1 Tbsp minced garlic. When meat is browned, remove from heat and add green pepper. Combine all remaining ingredients, except sugar, into a large pot. Cook on low for 1 half hour then begin adding sugar to taste. Cook for 1 additional hour, stirring frequently, and serve over pasta. Yields approximately 6 cups.

Yield: 12 Servings

Sodium Category: Very Low Sodium

Diabetic Exchanges
 0 Starch
 0 Fruit
 0 Milk
 0 Other Carbohydrates
 1 Vegetable
 1 Lean Meat
 0 Very Lean Meat
 1 Fat

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 12

Amount Per Serving

Calories	132
Calories from Fat	76

% Daily Values *

Total Fat 8 gr	13%
Saturated Fat 2 gr	14%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 4 gr	
Cholesterol 31 mg	10%
Sodium 27 mg	1%
Potassium 148 mg	4%
Carbohydrates 4 gr	1%
Dietary Fiber 0.4gr	1%
Protein 10 gr	

Vitamin A	1%
Vitamin C	7%
Calcium	1%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet

Steak Sauce

I admit I haven't tried this yet, but similar recipes for an A-1 steak sauce clone show up on a number of sites. Anyone you tries it let me know what they think.

Ingredients:

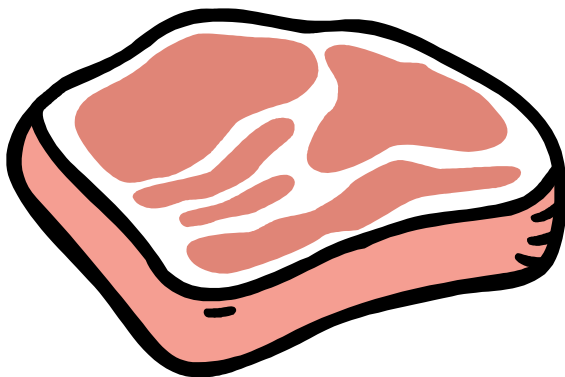
1/2 c Orange Juice
1/2 c Raisins
1/4 c Soy Sauce Substitute (See Pg.54)
1/4 c White Vinegar
2 T Dijon Mustard
1/4 c Low Sodium Catsup
1 T Orange Peel, Grated

Directions:

Bring all the ingredients to a boil, and then boil for 2 minutes, stirring constantly. Remove from the heat. Allow the mixture to cool to lukewarm. Pour the mixture into a blender until it is smooth. Pour it into a bottle and cap tightly. Refrigerate.

Yield: 32 Servings

Sodium Category: Very Low Sodium



Diabetic Exchanges

0 Starch

0 Fruit

0 Milk

0 Other Carbohydrates

0 Vegetable

0 Lean Meat

0 Very Lean Meat

0 Fat

Nutrition Facts

Serving Size 1 Helping

Servings Per Recipe 32

Amount Per Serving

Calories	12
----------	----

Calories from Fat	1
-------------------	---

% Daily Values *

Total Fat 0 gr	0%
----------------	----

Saturated Fat 0 gr	0%
--------------------	----

Polyunsaturated Fat 0 gr	
--------------------------	--

Monounsaturated Fat 0 gr	
--------------------------	--

Cholesterol 0 mg	0%
------------------	----

Sodium 12 mg	0%
--------------	----

Potassium 40 mg	1%
-----------------	----

Carbohydrates 3 gr	1%
--------------------	----

Dietary Fiber 0.2gr	1%
---------------------	----

Protein 0 gr	
--------------	--

Vitamin A	0%
-----------	----

Vitamin C	3%
-----------	----

Calcium	0%
---------	----

Iron	1%
------	----

Taco Seasoning Mix

If you don't happen to have any of my favorite Frontier brand taco or Mexican seasoning mixes on hand, you can make up one of your own easily.

Ingredients:

2 T Chili Powder
2 T Flour
2 t Cumin
2 t Oregano
1/2 t Onion Powder
1/2 t Garlic Powder
1/2 t Cayenne Pepper

Directions:

Combine all ingredients in a zip lock bag and shake until completely mixed. Add to browned ground beef along with 1/2-3/4 cup water and cook until reduced to desired consistency.

Yield: 5 Servings

Sodium Category: Very Low Sodium

Nutrition Facts

Serving Size 1 Helping
Servings Per Recipe 5

Amount Per Serving

Calories 28

Calories from Fat 7

% Daily Values *

Total Fat 1 gr	1%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Potassium 94 mg	2%
Carbohydrates 5 gr	2%
Dietary Fiber 1.5gr	6%
Protein 1 gr	

Vitamin A	23%
Vitamin C	4%
Calcium	3%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet





Tartar Sauce

Ingredients:

1 c Low Sodium Mayonnaise
 1/4 c Onion, Finely Chopped
 1/4 c Sweet Pickle Relish
 1/4 t Black Pepper

Directions:

Combine all ingredients. Allow sauce to stand in the refrigerator several hours or overnight before using.

Yield: 24 Servings

Sodium Category: Low Sodium

Nutrition Facts

Serving Size 1 Helping
 Servings Per Recipe 24

Amount Per Serving

Calories	70
Calories from Fat	66

% Daily Values *

Total Fat 7 gr	11%
Saturated Fat 1 gr	5%
Polyunsaturated Fat 3 gr	
Monounsaturated Fat 2 gr	
Cholesterol 5 mg	2%
Sodium 24 mg	1%
Potassium 7 mg	0%
Carbohydrates 1 gr	0%
Dietary Fiber 0.1gr	0%
Protein 0 gr	

Vitamin A	1%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet

BEVERAGES



Mango Shake

Ingredients:

2 C lowfat milk
4 Tbsp frozen mango juice (or 1 fresh mango, pitted)
1 small banana
2 ice cubes

Directions:

Put all ingredients into blender. Blend until foamy. Serve immediately.

Variations:

Instead of mango juice, try orange, papaya, or strawberry juice.

Kids love this drink's creamy, sweet taste.

Yield: 4 servings

Serving size: 3/4 cup

**Each serving provides
(with mango and banana):**

Nutrient Facts	
Calories: 106	
Total fat:	2 g
Saturated fat:	1 g
Cholesterol:	5 mg
Sodium:	63 mg
Total fiber:	2 g
Protein:	5 g
Carbohydrates:	20 g
Potassium:	361 mg



Summer Breezes Smoothie

Ingredients:

1 C fat free, plain yogurt
6 medium strawberries
1 C pineapple, crushed, canned in juice
1 medium banana
1 tsp vanilla extract
4 ice cubes

Directions:

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Here's a perfect lowfat thirst quencher.

Yield: 3 servings

Serving size: 1 cup

Each serving provides:

Nutrient Facts:	
Calories: 121	
Total fat:	less than 1 g
Saturated fat:	less than 1 g
Cholesterol:	1 mg
Sodium:	64 mg
Total fiber:	2 g
Protein:	6 g
Carbohydrates:	24 g
Potassium:	483 mg

Strawberry Iced Tea Fizz

Try this sparkling refresher at your next picnic.

Ingredients:

1 qt Strawberries,Sliced
 1/2 c Sugar
 5 c Water, Boiling
 1 Tea Bag
 12 oz Frozen Lemonade Concentrate Thawed
 1 qt Seltzer Water

Directions:

In large bowl combine strawberries and sugar, set aside. In another bowl pour water over tea bag, steep 5 minutes. Discard tea bag; cool tea to room temperature. Stir tea into strawberry mixture along with lemonade concentrate, chill. To serve, stir in sparkling water, ladle over ice cubes in tall glasses. Serve with spoons.

Yield: 12 Servings

Sodium Category: Very Low Sodium

Diabetic Exchanges

0 Starch

1 Fruit

0.5 Milk

0 Other Carbohydrates

0 Vegetable

0 Lean Meat

0 Very Lean Meat

0 Fat

Nutrition Facts

Serving Size 1 Helping

Servings Per Recipe 12

Amount Per Serving

Calories 109

Calories from Fat 1

% Daily Values *

Total Fat 0 gr 0%

Saturated Fat 0 gr 0%

Polyunsaturated Fat 0 gr

Monounsaturated Fat 0 gr

Cholesterol 0 mg 0%

Sodium 6 mg 0%

Potassium 128 mg 3%

Carbohydrates 28 gr 9%

Dietary Fiber 1.7gr 7%

Protein 0 gr

Vitamin A 1%

Vitamin C 59%

Calcium 3%

Iron 4%



Approved by the Patient and Family Education
Committee
Portland Veterans Affairs Medical Center
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1/5/2005

